

Tandoor Spiced Cotswold Chicken



Serves: 2

Profitability:

Steps:

TANDOOR SPICED CHICKEN BREAST

- Mix all ingredients except chicken in a bowl and whisk
- Rub marinade into chicken breasts and refrigerate for at least 3 hours
- Thread chicken on to skewers and place over a roasting tin so the chicken is suspended above it
- Roast 190°C for about 10 minutes, basting occasionally with the juices. Or, skew and cook in traditional tandoor oven
- Remove chicken from oven and leave to rest for 5 minutes

MOOLI RELISH

- Toss together all the ingredients and set aside.

MAKHNI SAUCE

- Heat butter in a saucepan. Add whole garam masala, followed by garlic, cumin, turmeric, and green chilli. Add chopped tomato puree, sugar and water, reduce the sauce
- Check for seasoning, add Millac Gold and kasoori methi and stir to finish

ASPARAGUS KICHIDI

- Heat oil and butter and add cumin seeds. As seeds pop, add garlic and sauté
- Add ginger, chilli and onion and sauté for 2 minutes. Add asparagus and sauté for another 2 minutes
- Add turmeric, rice and lentils and cook for 2 minutes
- Pour in warmed vegetable stock and bring to boil. Reduce heat and simmer until stock is absorbed and rice is almost done
- Add yoghurt. Season and continue cooking till the rice is tender. Finally, stir in the butter and chopped coriander

TO SERVE

- Place the asparagus kichidi in a presentation ring and pat down gently, slowly remove the ring
- Place tandoor spiced chicken breast on the bed of rice and add makhni sauce around
- Garnish chicken with moori relish and serve with naans or chapatis

Ingredients:

TANDOOR SPICED CHICKEN BREAST

Chicken breast 2

Cumin powder 12g

Coriander powder 14g

Greek yoghurt 80ml

Salt pinch

Ginger garlic paste

Garam masala powder 5g

Kasoori methi 4g

Mustard oil 50g

Lemon juice 20ml

MOOLI RELISH

Mooli 40g

Olive oil 20ml

Chat masala 2.5g

Baby red chard leaves 2

MAKHNI SAUCE

Chopped tomato puree 250g

Whole garam masala 3g

Unsalted butter 60g

Millac Gold 80ml

Garlic 4g chopped

Green chilli 2g chopped

Turmeric powder 4g

Cumin powder 8g

Kasoori methi 4g

Sugar pinch

Salt pinch

Cashew nut paste 40g

ASPARAGUS KICHIDI

Vegetable Oil 30 ml

Unsalted butter 15g

Cumin seeds 2g

Garlic 5g chopped

Ginger 5g chopped

Green chilli 6g chopped

Red onion 1 medium chopped

Turmeric powder 4g

Basmati rice 150g

Vegetable stock 600ml

Greek yoghurt 25ml lightly whisked

Coriander 15g chopped

Asparagus 80g chopped

Mixed lentils 50g

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